

# Ham Salad

Ham salad is another summer time favorite. Because it is typically served on bread or crackers, this wasn't as readily enjoyable for the gluten free lifestyle. It can be eaten with a spoon as part of meal, or on gluten free noodles or rice. Add peas and carrots and this makes a good meal to carry in a cold, insulated container while away from home. Along with bean salad, it is an excellent source of protein and a full day's supply of salt. Although sloppy, it has great taste and texture. Prechopped ham, though expensive, can be used in this recipe.

## Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

## Meal Adaptations:

### Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

### Visual Accommodations:

Colored chopping boards

## Potential Food Allergy or Intolerance:

Crackers

Crumbs (gluten)

Eggs

Ham

Mayonnaise

Onion

Pepper

Relish

Spices

## Meatless Preparation Avoid:

Eggs

Ham

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board  
Mixing bowl  
Paring knife  
Wooden spoon  
Pan: 2 to 3 quart sauce pan

**Ingredients:****Meat:**

4 boiled eggs  
1 cup of chopped ham

**Vegetables:****Optional:**

1/4 cup chopped onion  
6 ounces of peas

**Other ingredients:**

1/4 cup chopped celery  
1/2 cup of mayonnaise (adjust as needed)  
2 tablespoons of pickle relish (or diced pickles)  
Dash of salt  
Spices, such as pepper, to taste  
(Commonly includes: garlic powder, lemon pepper)  
**Optional:**  
Cracker crumbs (gluten free)

**Preparation time:** 10 minutes

**Preparation:**

1. Boil at full boil for 10 minutes 4 eggs.  
Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:  
1/4 cup of celery  
4 boiled eggs  
1 cup of chopped ham  
1/2 cup of mayonnaise (adjust as needed)  
1/4 cup of onions  
2 tablespoons of pickles  
**Optional:**  
6 ounces of peas

**Spices, such as pepper, to taste**

**Commonly: garlic powder, lemon pepper**

**3. Mix well with a wooden spoon.**

**4. Add more mayonnaise, if needed.**

**5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.**

**Cook Temperature: None**

**Cook Time: None**

**Servings: 4**

**Storage Solutions: Square containers in individual servings**

**Counter safe: 30 minutes and place in the fridge**

**Fridge safe: 3 to 5 days \* Per FDA Storage Chart link in Resources**

**Freezer safe: Don't freeze. \* Per FDA Storage Chart link in Resources.**

**Reheat Instructions:**

**Allow to warm on plate for 3 to 5 minutes before eating.**